

What is claimed is:

1. A fruit filling comprising fruit puree and wheat gluten.
2. The filling of claim 1, wherein said fruit puree comprises crushed fruit, pectin and sugar.
3. The filling of claim 2, wherein said filling comprises at least one additional ingredient selected from the group consisting of water, citric acid, sodium citrate, calcium citrate and phosphate.
4. The filling of claim 1, wherein said fruit puree comprises crushed fruit, pectin and sorbitol or fructose.
5. The filling of claim 1, wherein said wheat gluten is deamidated.
6. The filling of claim 2, wherein said crushed fruit is selected from the group consisting of blueberry, apple, apricot, peach, strawberry, blackberry, grape, cherry, and raspberry crushed fruit.
7. The filling of claim 1, further comprising about 0 to 25 percent by weight of water, about 0 to 66 percent by weight of sugar, about 0 to 62 percent by weight of fruit, about 0 to 0.75 percent by weight of pectin, about 0 to 0.5 percent by weight of citric acid, about 0 to 0.3 percent by weight of sodium citrate, about 0 to 0.3 percent by weight of calcium citrate, and about 0 to 0.06 percent phosphate.
8. The filling of claim 1, which comprises at least about 0.01 percent by weight of gluten.
9. The filling of claim 8, wherein said filling comprises less than about 10 percent by weight of gluten.
10. The filling of claim 9, wherein said filling comprises from about 0.1 to 5.0 percent by weight of gluten.
11. The filling of claim 10, wherein said gluten is deamidated gluten.
12. A method of producing a fruit filling with reduced flowability comprising the steps of:

(a)boiling about 2 kilograms of crushed fruit; (b) adding about 100 grams of pectin to (a); (c) mixing about 2 kilograms of sugar with about 20 grams of deamidated gluten; (d) adding the mixture of (c) to the mixture of (a) and (b); and (e) cooling the product of (d) to about 35 degrees centigrade , so as to produce a fruit filling that retains its form without spreading , flattening or flowing once shaped by cutting.

13. A bar comprising a confectionery layer and a fruit filling layer, wherein said fruit filling comprises fruit puree and wheat gluten.
14. The bar, wherein said confectionery layer comprises peanut flour.
15. The bar of claim 7, which is enrobed with high protein chocolate.
16. The bar of claim 13, which is a nutritional bar.
17. The bar of claim 13, which further comprises other filling or confectionery layers.
18. The bar of claim 16, which further comprises nutritional additives selected from the group consisting of vitamins, minerals and elements.
19. The bar of claim 16, wherein the confectionery layer comprises a high protein dough.